## ABSTRACT OF THE DISCLOSURE

The present invention discloses a balanced type stepper comprising a H-shape base, a V-shape support stand being pivotally coupled to the H-shape base by adjustable left and right link bars with a fixing board, a side link bar and a lower link bar respectively disposed at the left and right ends of each link bar to constitute a mechanical structure having interconnected link bars with the fixing board, a pedal being installed at the top end of the side link bar, and a bolt disposed at the bottom of the outer end of the support stand, and a buffer oil-pressure cylinder not parallel with the support stand being pivotal coupled between the bolt and the fixing board, such that when users step on the pedals, and exert force alternately on the left and right pedals to drive the side link bar to produce the inclination to the left and right sides and the vertical and horizontal displacements of the pedal by the V-shape support stand coupled with the adjustable link bars, and thus pulling the link rod of the buffer oil-pressure cylinder to produce the expansion and contraction and producing different resistance to provide the sideway swing and vertical and horizontal movements of the stepping, and also being capable of changing the length of the adjustable link rod as well as the height and position of the pedal in order to change the swinging amplitude to provide changes to the stepping distance and fit different users and the use of long hour training.